

Parmesan Scalloped Potatoes

1/4 cup unbleached flour
1/8 teaspoon ground white pepper
2 pounds baking potatoes (about 6 medium)
2 cups evaporated skim milk
2 tablespoons finely chopped fresh parsley, or 2 teaspoons dried
2 small yellow onions, thinly sliced and separated into rings
1/2 cup grated nonfat or reduced-fat Parmesan cheese



Combine the flour, parsley, and pepper in a small bowl and set aside. Scrub the potatoes, then slice them thinly (slightly less than 1/4 inch). Measure the potatoes — there should be 6 cups.

Coat an 8 x 12-inch baking dish with nonstick cooking spray. Arrange 2 cups of the potatoes in a single layer over the bottom, slightly overlapping the slices. Lay half of the onion rings over the potatoes and sprinkle with half of the flour mixture and 2 tablespoons of the Parmesan. Repeat these layers. Top with the remaining 2 cups of potatoes. Pour the milk over the potatoes and sprinkle with the remaining 1/4 cup of Parmesan.

Cover the dish with aluminum foil and bake at 350°F for 45 minutes. Remove the foil and bake for 30 additional minutes, or until tender. Yield: 10 servings

NUTRITION FACTS (PER 3/4-CUP SERVING)

Calories: 168 Cholesterol: 5 mg Fat: 0.3 g Fiber: 2.6 g Protein: 8.1g Sodium: 103 mg

Source: *Fat-Free Holiday Recipes*